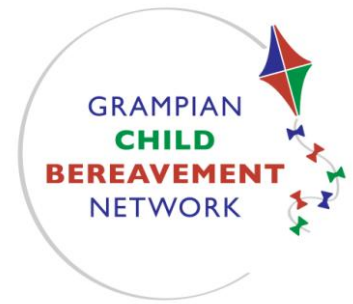


Grampian Child Bereavement Network



Hello and welcome to our 2nd newsletter of 2015! Since our last newsletter we have been very busy with an Activity Day, two training events and providing training to six schools! Below, there are a couple of pictures from our Easter crafts Activity Day and also from a recent training event.

We have also been very busy behind the scenes with the office being redecorated and our revised leaflets are ready for printing! We are very excited to be able to show the final results.

Our next Activity Day is our annual picnic where we will also be attempting cupcake making. For the picnic, everyone brings their own packed lunch and there will be the opportunity to take part in games and for the adults to have a cuppa. We are hopeful the weather will be good to us but have indoor space available to us as well – just in case. In addition, there will be the chance to enter our Christmas card competition! Yes we did just drop the Christmas word in May! Please see page 2 for more details and we hope to see you there.

Lastly, from all our Trustees, Responders and Coordinator, we look forward to seeing you soon and please do not hesitate to contact us if you need information, support or even with ideas for Activity Days or our newsletter.



Activity Dates 2015

Saturday 6th June

Annual Picnic

This year, our annual picnic will include cupcake making.

Venue: Contact for details

Time: 11-2

Tubing - Saturday 22nd August

Last year everyone thoroughly enjoyed tubing so much that we are doing it again. Recommended age is 5 plus.

Venue: Alford

Time: 11:15 am onwards

Saturday 26th September

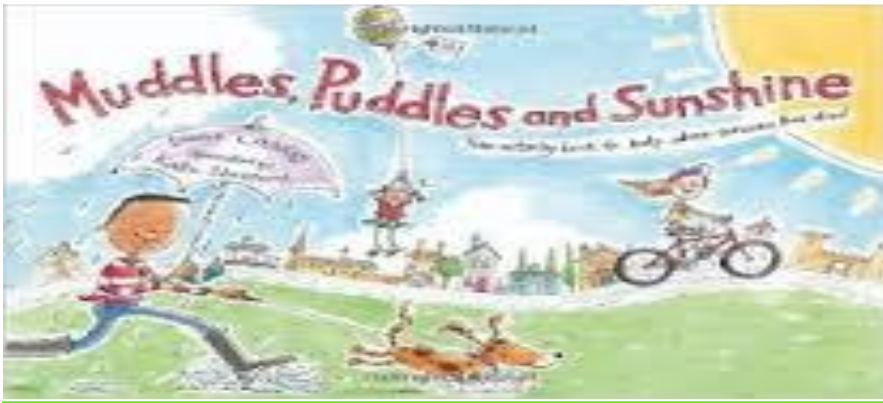
Circus Modo

Enjoyed by everyone in 2014, a fun event providing children with the opportunity to learn circus skills.

Venue: TBC

Time: 2.00 to 4.00pm

More activity days on page 2...



GCBN review...

Book: **Muddles, Puddles and Sunshine**

Synopsis taken from Winston's Wish website:

This book offers invaluable practical and sensitive support for bereaved younger children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.

The book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief. At the same time, the book manages to find a balance between remembering the person who has died and having fun.

Review

Muddles, Puddles and Sunshine is a GCBN favourite which we regularly send out to families and bring to activity days. The book can be split in to sections with different exercises and a fun activity. While allowing children to express themselves freely, it also builds up to be a keepsake to help them remember their loved one.

GCBN highly recommend this book for any child up to the age of 12/13

As a new feature, we will review books and films as bereavement resources. Do you have a book or film you would recommend? Or have you heard of a resource you would like us to review? Let us know and we will include it in a future newsletter.

Activity Dates 2015 Continued

Saturday 24th October

Drumming with Dezibel

A regular for us, where there will also be an opportunity to make instruments

Venue: TBC

Time: 2.00 - 4.00pm

Saturday 28th November

Christmas Crafts and Keeping

Memories Safe

An established annual event provides fun, games, Christmas crafts and an opportunity to undertake some special memory work.

Lunch will be provided

Venue: Hilton Community Centre

Time: 12.30 - 3.30pm

If you would like more information on our activity days or would like to book a place, please contact

Tel: 01224 594099

Email: gcbn@mhaberdeen.org.uk

Christmas Card Competition

This year, we are planning a GCBN Christmas card which we will sell to raise funds for the charity. We would really like this to be designed by some of the children and young people. Soa small competition which all children and young people involved with GCBN can enter to have their design on the card. We hope to use as many designs as possible.

If you would like to enter, you can post or e.mail your designs to:

Nicola McAllister, GCBN, C/O MHA, 1 Alford Place, Aberdeen, AB10 1YD

gcbn@mhaberdeen.org.uk (There may also be the opportunity to do a design at our next Activity Day)



Find us on:
facebook

Help support us to continue our services

Text GCBN01 £2 to 70070

JustTextGiving
by Vodafone

In the Spotlight...



ACIS Youth

ACIS Youth Counselling Service provides confidential therapeutic counselling for young people in the Aberdeen City area who are aged 12-18 years.

What young people can expect from this service;

- A chance to explore new ways of coping with conflict, distress or painful experiences
- A place to come and talk, be heard and be yourself
- Help in coming to terms with loss or change in your life
- A place where you are not judged or told what to do
- Experienced counsellor who will help you make choices for yourself
- To be shown respect and be treated with dignity at all times
- Clear guidelines about confidentiality which are easy to understand
- A chance to better understand your emotions and experiences
- A chance to explore new choices

ACIS Youth offers counselling free of charge. The service can be accessed directly by young people. Alternatively, confidential requests for counselling can be facilitated by others such as parents, social workers, youth services, teachers, GPs or any other agency, providing the young person has given their consent for others to do this on their behalf.

ACIS Youth Counselling Service is confidential. This means that no information is passed on to anyone else without the young person's prior knowledge and agreement. The only exception to this would be if Child Protection Proceedings needed to be initiated and this would be done in accordance with the published NHS and Aberdeen City Council guidelines. This means we will keep what is said private unless someone is in real danger.

For more information, please visit their website www.mha.uk.net/acisyouth alternatively, you can call 01224 573892 to make a referral. Please note, there is an approx 12 week waiting list.

Is there an organisation or charity you would like featured in our newsletter? If so, please get in touch at gcbn@mhaberdeen.org.uk

Facebook

Due to suggestions from parents/carers at our Activity Days, we have set up a Facebook group. This group is for parents and carers and is a 'secret' group which means no one can find it or see your posts.

As this group is for parents/carers, GCBN will have no input except to share photos or events etc

To join, please add Child Bereavement (profile picture is our logo) as a friend and I will add you to the group. You can delete Child Bereavement straight after if you wish, it is just a way to add people to the group. Please let me know you wish to be added to the group.

Don't forget to 'like' our public page 😊



Annual Picnic

Saturday 6th June

Contact for venue details

11 - 2

Grampian Child Bereavement Network are holding their popular Annual Picnic for bereaved children and young people to attend with their parent/carer

The day will provide the opportunity to get involved in games and cupcake decorating before everyone comes to together for lunch.

Everyone brings their own packed lunch.

Places are free but must be booked in advance. To book, please contact the coordinator on 01224 594099 (manned part time) or

Email gcbn@mhaberdeen.org.uk

Grampian Child Bereavement Network | 01224 594099 | gcbn@mhaberdeen.org.uk

www.gcbn.org.uk | Registered Charity SCO40712

We are supported by The ARCHIE Foundation



Sadly, Reverend James Falconer, Chaplain at Aberdeen Royal Children's Hospital who has been involved with GCBN since its inception and a Trustee and Board member during the 5 years we have been operational, has decided that the time has come for him to move on.

Balancing the demands of his own work alongside his enthusiastic and very committed charity work James is looking to concentrate his efforts on completing some key projects alongside making a little time for an exciting new personal venture with "Thor", his new 7 year old Clydesdale. Most especially, James hopes to oversee the installation and completion of the "Roof Garden" at the hospital which will be a magnificent therapeutic addition to environment there.



A cornerstone since our early days, James has worked relentlessly in support of GCBN. When we first got together to think about setting up a small charity for bereaved children, James was immensely supportive and a wonderful advocate for us, his advice and guidance proving invaluable. His knowledge and contacts, along with the respect that others have for him, has helped GCBN to access greatly appreciated support and funding.

We have been privileged to have James working with us and recognise the significance of his contribution in establishing the foundation of GCBN and its growth from the small "Signposting" service it was to be to the much wider service it has become.

There are not really words to express the tremendous appreciation that we have for the contribution that James has made but we know that everyone will miss him....his enthusiasm, kind words, sound advice and of course his great sense of humour and fun. On behalf of everyone at GCBN I would just like to say a massive "THANK YOU" to James for everything and very best wishes for your future hopes and plans.

Jan, Chair of Trustees

Fundraising

Apart from our Coordinator's post which is funded by The ARCHIE Foundation, we rely solely on donations and fundraising to continue our services. This fantastic donation will help us to continue supporting bereaved children and young people.

Mannofield Church

We are very thankful Mannofield Church chose to donate £246.54 they had raised to GCBN